

Washington Ozaukee Mental Health Newsletter

January 24, 2020

The *Washington Ozaukee Mental Health Newsletter* is a project of the Washington Ozaukee Public Health Department. Program partners and community members are encouraged to submit mental health announcements and opportunities, so that they may be shared in the newsletter each month.

The Washington Ozaukee Public Health Department maintains this resource to enhance public access to its information. Every effort has been made to ensure the accuracy and completeness of this resource. Information contained herein does not constitute or imply its endorsement, recommendation, or favoring by the Washington Ozaukee Public Health Department.

In the News...

[‘Warm’ hotlines deliver help before mental health crisis heats up.](#) Unlike a hotline for those in immediate crisis, warmlines provide early intervention with emotional support that can prevent a crisis.

[CDC Trauma Report: Spend now to help kids or pay later in hospital and prison costs](#)

Author: John Schmid

[The hidden crisis in rural America](#)

Video by James Burns

[A Construction Company Embraces Frank Talk About Mental Health to Reduce Suicide](#)

Author: Yuki Noguchi

Resources

[Locating and Understanding Data for Suicide Prevention](#)

This course presents a variety of data sources that are useful for finding information about suicide deaths, suicide attempts, and suicidal ideation.

[Three Ways Childhood Trauma Affects Adulthood](#)

Author: Jade Wu Ph.D.

Mental Health: [County Services Dashboard](#)

[How Adverse Childhood Experiences Impact Employee Wellness with Diana Bishop, Sr.](#)

Video

[These Firefighters Are Also Fighting Mental Health Stigmas](#)

Video

[New Kaiser Permanente Partnership Tackles the Challenge of Trauma and Stress Faced by Faculty, Staff, and Students Nationwide](#)

[Fostering Resilience and Recovery: A Change Package—Advancing Trauma-Informed Primary Care](#)

[How to check on family and friends’ mental health](#)

Author: Erica Zucco

Trainings, Conferences, & Webinars

Addressing Mental Health and Suicide Prevention in Rural America

A one-hour webinar that will review national data and trends around suicide—noting how these deaths are often undercounted— and a look at the important stressors and strengths rural communities can consider when addressing this issue.

January 28 at 12pm Pacific Time

[Registration](#) required.

Mental Health America of Wisconsin, along with **the Behavioral Health Training Partnership**, is offering [4 unique training opportunities](#) on suicide care for mental health professionals and health care providers supporting individuals who may be at risk of suicide.

[Data Collaboration in Practice \(3-part webinar\)](#)

[How to Create a Data-Driven Culture](#) on **January 23rd**

[How Collaborative Learning Drives Impact](#) on **February 6th**

[Case Study on Achieving Impact with Data Sharing](#) on **February 19th**

[Save the Date](#) for the **10th Annual Prevent Suicide Wisconsin Conference** on April 29th! Registration will be opening spring of 2020! [Submit a presentation proposal](#).

Motivational Interviewing from a trauma-informed lens on January 14 & 21 from 8:30 AM to 4:30 PM at the Welford Sanders Enterprise Center. Register [here](#).

“[Ending the cycle: Integrated treatment for opioid use disorder and co-occurring depression](#),” led by Michelle Maloney, PhD, LPC, CAADC, and [Keri Brown, PhD](#), you'll learn about the connections between opioid use disorder and depression, the effectiveness of behavioral activation in the treatment of depression, and self-compassion strategies to help patients with shame and low self-worth. This CE is being offered in Madison and Appleton.

Farm Stress & Mental Health

The Mountain Plains Mental Health Technology Transfer Center team is dedicated to addressing rural mental health. However, they also recognize that the agricultural community encounter unique challenges related to the accessibility, availability, and acceptability of mental health services. In response, specific trainings and resources have been developed to address mental health and suicide among agricultural workers and their families.

For more information, visit: <https://mhttcnetwork.org/centers/mountain-plains-mhttc/farm-stress-and-mental-health>

Introduction to the Seven Essential Ingredients (7ei) of Trauma Informed Care

For more information, visit: <http://sainta.org/trauma-informed-care/trainings/#7eiTIC>

Exposure-Based Treatment of Concurrent Eating Disorders and OCD

Friday, February 28—8am-3:30pm

Cost: \$90

See attachment for more information.

Washington County

Event/Program Details

NAMI Washington County offers several support groups and programming options for youth, adults, and families. Contact NAMI at 262-339-1235 or visit <https://www.nami-positiveimage.org/> for more information.

LIFE OF HOPE offers several support groups and programming opportunities, including QPR Suicide Prevention Training for youth and adults. Contact HOPE at 262-429-1556 or visit <http://lifeofhopeproject.org/> for more information.

See attachments for other ongoing programming opportunities.

Ozaukee County

Event/Program Details

Ozaukee County Support for Parents of Children with Special Needs

Parents of children with special needs, need special friends. This support group is designed to provide parents with a safe and friendly environment to discuss things happening in their lives and give support to others without judgment.

1st Thursday of the Month

6-7pm

Family Enrichment Center – 885 Bader Circle, Grafton

Call or email Meg or Korey to register

Meg: 262-707-2927 or megclaeys630@gmail.com

Korey: 414-520-1952 or interiorsbykoren@att.net

Limited childcare available. Please register by the Monday before the group.

Teen Haven

A support group for mental well-being open to all Cedarburg, Grafton, and Mequon high school students.

Weekly, Thursdays

3-4pm

Student Union (Downtown Cedarburg)

To get involved or for more information, contact Jan at 262-377-1477 or jvalentine@copeservices.org

Community Dialogues—Stop the Stigma of Mental Health

Mental Health, We All Have It—February 5

View part 2 of “You’re Not Alone”, panel of local mental health professionals and high school counselors

Toolkit for Mental Health—April 29

Various ways to cope with mental health issues, community resources

Events held at Community United Methodist, Cedarburg, WI

6:30-8pm

For more information, contact:

Pat Morrissey at patmorrissey19@gmail.com

Girls Group—Confident & Connected

Ozaukee Community Therapies

A support group that will target self-esteem, perfectionism, procrastination, relationships, peer pressure, stress/anxiety, and coping skills. This group is designed for high school girls.

Mondays

February 10-March 16

6:30-7:20pm

Register by February 6, 2020

Contact: Jill Dawson at jill@ozaukeecommunitytherapies.com or call 262-313-7567

See attachment for more information.

See attachments for other ongoing program opportunities.

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Interested in publicizing your mental health events/programs?

Email: Bailey at bailey.murph@washozwi.gov to be included in future newsletters.

Please include your event/program details, date and time, registration and cost (if applicable). Please also include a flyer or link to website if you have one.